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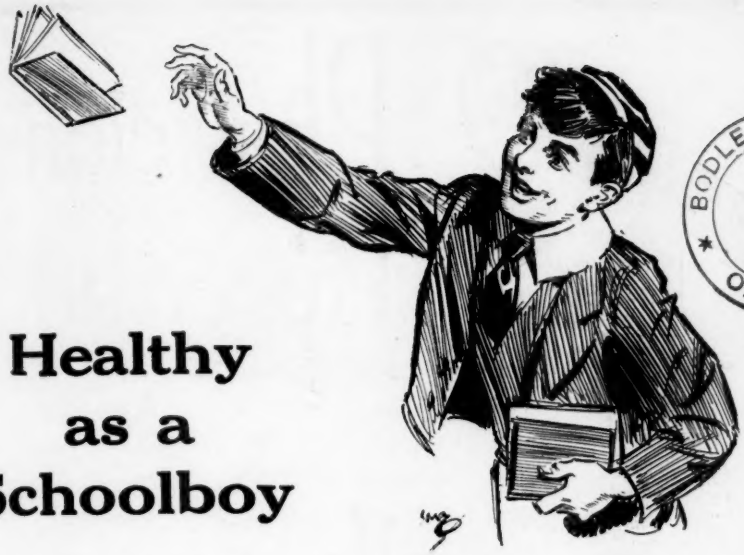

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Healthy as a Schoolboy

Balliol College, Oxford.

"I think you may find my experience with Kruschen Salts interesting. After a very active youth, in the course of time I was forced to lead a sedentary life, which ended in my getting thoroughly out of condition in every way, I was always slack, without vigour in anything I did, and generally in an unhealthy state. Now, after a single bottle of Kruschen Salts, I am as alive and healthy as I was when a schoolboy.

"If this testimonial is of any use, by all means use it, but with my name suppressed."

The experience of the writer of this letter is the experience of thousands of men and women the country over. Sedentary life (too much "sitting down") causes the internal mechanism of the body to become inactive. Failing to perform its functions properly, impurities creep into the blood and clog the system. Depression, tiredness, etc., follow. Kruschen Salts tone up the body's eliminating organs naturally, easily. Restored to healthy action, all impurities are cleansed from the body. Fresh, clean blood circulates all over the system, bringing new life, new action, new health to the whole body. Physically you feel better. Mentally you are more alert. You are **healthy** and feel it, with new zest for work, new enthusiasm for play.

It's the daily dose that does it.

Take as much Kruschen Salts as will lie on a sixpence **every** morning in your breakfast cup of tea. You can't taste it, but in a very little while you feel the benefit. Prove this to your profit.

Kruschen Salts

Good Health for a Farthing a Day

The dose of a sixpenceful taken every morning is found in practice just the right amount for a most invigorating daily tonic. The medicinal dose for persons suffering from pains of rheumatism and gout, or habitual constipation, with inactive liver, etc., is that given on the label of the bottle, viz., half to one teaspoonful in a tumbler of hot water before breakfast.

ECONOMY.—A bottle of Kruschen Salts costs 1s. 9d., and lasts 3 months. Health and spirits for less than a farthing a day. Get a bottle at your chemist's to-day and start to-morrow.